

5

MENTAL HEALTH TIPS



Practice Mindfulness

Mindful meditation or deep breathing exercises to stay present and reduce stress.

Laugh

Watch a funny movie, read a humorous book, or spend time with people who make you laugh.



Set Boundaries

Learn to say no when you need to and establish healthy boundaries with work, relationships, and commitments.

Learn Something New

Challenge your intellect, such as taking an online course, learning a new language, or exploring a new subject.



Gratitude

Regularly take a moment to reflect on things you're grateful for.

Mental Health Tips Last 90 Days Coupon

Ying Liu



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American Health ,1989 **Space Buyers' Guide Number** ,2000 **AV Guide** ,1958 Editor & Publisher Market Guide ,2002 **Illinois Bar Journal** ,1990 Vols 28 include reports and proceedings of the 64th 1940 annual meetings formerly issued as the association s Annual report **Intergovernmental Personnel Notes** ,1971 **Psychology** ,1929
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